

# CEC

**COMMUNITY & ENRICHMENT CENTER  
WEEKLY NEWSLETTER  
SEPTEMBER 10, 2021**



## FOODS THAT HELP YOU HEAL

Whether you're recovering from an illness or surgery, the foods and beverages you consume can either help or hinder your recovery.

## RECIPE: ZUCCHINI FRITTERS

This recipe offers a simple and fast way to use your garden zucchini in a fun new way!

## ONLINE CLASS: TAI CHI

Tai chi has been described as meditation in motion. Join us for this gentle exercise class that can help you maintain strength, flexibility, and balance..

## WHAT'S HAPPENING?

Find out what's happening at the CEC. Plus our September Meet and Eat Schedule

# BEST FOODS TO HELP YOU HEAL

Whether you're recovering from an illness or surgery, the foods and beverages you consume can either help or hinder your recovery. Many foods, including fruits, vegetables, healthy fats, and protein sources, have been shown to reduce inflammation, improve immune function, promote healing, and provide the fuel necessary for you to get on the mend.

## **Green Leafy Vegetables:**

Leafy green vegetables like kale, spinach, arugula, mustard greens, and Swiss chard are packed with nutrients that decrease inflammation, enhance immune function, and improve wound healing, making them the perfect choice to promote recovery.

## **Cruciferous Vegetables:**

Cruciferous vegetables like cauliflower, broccoli, Brussels sprouts, and kale are well known for their impressive health benefits. They may support recovery thanks to their wide variety of vitamins, minerals, and antioxidants.

## **Eggs:**

Eggs are not only an excellent source of highly absorbable protein, providing 6 grams per large egg (50 grams), but also nutrients that support immune health and wound healing. Whole eggs contain vitamins A and B12, as well as zinc, iron, and selenium, all of which play vital immune roles.

## **Shellfish:**

Shellfish like oysters, mussels, and clams are loaded with nutrients — especially zinc that may promote recovery. Zinc is crucial for healthy immune function. This mineral may also help speed recovery and promote wound healing, making shellfish great for recuperating from surgery.

## **Nuts and Seeds:**

Nuts and seeds like almonds, pecans, walnuts, sunflower seeds, and hemp seeds are a great choice for fueling your body during the recovery process. These foods provide plant-based protein, healthy fats, and vitamins and minerals that support healing.

## **Sweet Potatoes:**

Eating healthy high carb foods, such as sweet potatoes, is important for recovery. Carbs not only provide the energy your cells require for healing but also enzymes like hexokinase and citrate synthase, which aid wound repair.



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# Zucchini Fritters



## Ingredients

- 1 1/2 pounds zucchini, grated (about 3 cups)
- 1 teaspoon salt
- 1/4 cup all-purpose flour
- 1/4 cup grated Parmesan
- 2 cloves garlic, minced
- 1 large egg, beaten
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil

## Directions

1. Place grated zucchini in a colander over the sink. Add salt and gently toss to combine; let sit for 10 minutes. Using a clean dish towel or cheese cloth, drain zucchini completely.
1. In a large bowl, combine zucchini, flour, Parmesan, garlic and egg; season with salt and pepper, to taste.
2. Heat olive oil in a large skillet over medium high heat. Scoop tablespoons of batter for each fritter, flattening with a spatula, and cook until the underside is nicely golden brown, about 2 minutes. Flip and cook on the other side, about 1-2 minutes longer.
3. Serve immediately.



# TAI CHI

## **Date & Time**

Fri September 10 | 10:30am–11:30am MDT

## **Location**

Online / By Phone

## **Description**

Tai chi has been described as meditation in motion. Join us for this gentle exercise class that can help you maintain strength, flexibility, and balance. This class is offered every Friday as part of our Team Senior Planet program.

Click or tap to join this class by Zoom:

<https://seniorplanet.zoom.us/j/170361931>

Meeting ID: 170 361 931

OR

Call in with a phone:

1-646-558-8656

Meeting ID: 170 361 931





# WHAT'S HAPPENING?



## SPAGHETTI SUPPER

Join us on September 20th from 5-7pm for a Spaghetti Supper fundraiser for the Senior Center. Adults \$5, kids 12 and Under \$3.

## MEET AND EAT

Our community based meal site offers meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.



## TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!

## YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

[yuma.colibraries.org](http://yuma.colibraries.org)

## HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.




# MEET AND EAT SEPTEMBER 2021

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties. Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

## Contact Information:



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Office 970-848-2277

SEPTEMBER 2021				
YUMA MEAL SITE				
FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 7:30 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu may change due to availability of food items or conditions that cause the kitchen to close.  Suggested Donation - \$4.00  Under Age 60 Mandatory Charge - \$12.50	For Reservations Call 848-2038 by 7:30 a.m. the day you want the meal.  If you must cancel your meal, please do so by 7:30 a.m. the day of the meal.	SAVORY BAKED CHICKEN MASHED POTATOES W/ GRAVY GREEN BEANS W/ TOMATOES WW ROLL STRAWBERRIES & BANANAS NATURE COOKIE  SENIOR MEETING 12:00 Calories: 782 Carb: 100.3g Fib: 10.2g Protein: 44.1g Fat: 25.0g Sod: 1244mg	CHOICE: CHICKEN SALAD TUNA SALAD 3 BEAN SALAD FRENCH BREAD PEAR ORANGE FRUIT CUP CARROT CAKE  Calories: 610 Carb: 97.5g Fib: 11.0g Protein: 29.3g Fat: 13.8g Sod: 881mg	SOUTHERN BEEF PIE BEETS CABBAGE TOSS PEAR SLICES BROWNIES  Calories: 626 Carb: 86.7g Fib: 9.5g Protein: 30.0g Fat: 20.7g Sod: 485mg
	TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD W/ DRESSING FRUIT SALAD  BIRTHDAY RECOGNITION Calories: 631 Carb: 84.8g Fib: 10.3g Protein: 35.7g Fat: 17.6g Sod: 1026mg	CHOICE: HAMBURGER STEAK OVEN FRIED LIVER PARSLIED POTATOES BRAISED CELERY & TOMATOES WW ROLL APPLESAUCE  Calories: 645 Carb: 91.9g Fib: 10.6g Protein: 33.6g Fat: 17.9g Sod: 525mg	BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD FRUIT COCKTAIL APPLE GRANOLA COOKIE  Calories: 757 Carb: 110.1g Fib: 12.5g Protein: 34.6g Fat: 23.3g Sod: 900mg	CHICKEN CROISSANT TUSCANY SOUP SPINACH CAULIFLOWER SALAD PINEAPPLE TIDBITS  Calories: 760 Carb: 105.6g Fib: 10.2g Protein: 38.9g Fat: 22.7g Sod: 902mg
	SPAGHETTI W/ MEAT SAUCE MARINATED VEGGIE SALAD GARLIC BREAD PLUMS COOKIE W/ CHOCOLATE CHIPS  Calories: 693 Carb: 94.2g Fib: 11.3g Protein: 33.6g Fat: 23.8g Sod: 586mg	CHOICE: HAMBURGER ON A BUN SEAFOOD BURGER ON A BUN LETTUCE/TOMATO/ONION BAKED POTATO CALIFORNIA VEGETABLES MANDARIN ORANGES W/ BANANAS  Calories: 672 Carb: 107.6g Fib: 11.7g Protein: 33.0g Fat: 15.7g Sod: 620mg	BEEF O'LE REFRIED BEANS MEXICALI CORN PEAR ORANGE FRUIT CUP CINNAMON CRISPIES  Calories: 742 Carb: 108.8g Fib: 14.2g Protein: 37.7g Fat: 20.6g Sod: 585mg	POT ROAST POT ROAST VEGETABLES ANNA'S DILLY BREAD FRUIT CUP NATRUE COOKIE  Calories: 683 Carb: 108.6g Fib: 10.4g Protein: 34.3g Fat: 15.0g Sod: 408mg
SALISBURY STEAK BAKED POTATO LAYERED SALAD OATMEAL ROLL FRUIT CUP  Calories: 768 Carb: 91.5g Fib: 9.5g Protein: 45.3g Fat: 26.1g Sod: 667mg	TAHITIAN CHICKEN BROWN RICE BROCCOLI RAISIN ROLL CANTALOUPE CUBES NATURE COOKIE  Calories: 797 Carb: 98.0g Fib: 9.7g Protein: 45.9g Fat: 26.8g Sod: 449mg	SWEDISH MEATBALLS MASHED POTATOES JEANNIE'S SALAD WW ROLL BANANA SPLIT FRUIT CUP  Calories: 694 Carb: 98.3g Fib: 9.7g Protein: 33.4g Fat: 21.6g Sod: 646mg	ROAST PORK MASHED POTATOES W/ GRAVY CONFETTI COLESLAW GREEN BEANS ALMONDINE WW ROLL APRICOT HALVES BUTTERSCOTCH BROWNIE  Calories: 844 Carb: 116.0g Fib: 10.1g Protein: 35.1g Fat: 29.3g Sod: 1259mg	CHOICE: CHICKEN PENNE CASSEROLE TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN MANDARIN ORANGES W/ BANANAS  Calories: 601 Carb: 99.2g Fib: 11.5g Protein: 30.2g Fat: 13.1g Sod: 627mg
HAMBURGER ON A BUN BAKED BEANS CALIFORNIA VEGETABLES LETTUCE/TOMATO/ONION DILL PICKLE CHIPS PEAR SLICES  Calories: 685 Carb: 83.9g Fib: 12.5g Protein: 44.9g Fat: 21.5g Sod: 795mg	LASAGNA TOSSED SALAD W/ DRESSING PEAS GARLIC BREAD APPLESAUCE  Calories: 611 Carb: 84.7g Fib: 12.3g Protein: 35.1g Fat: 17.3g Sod: 528mg	CHOICE: HAMBURGER STEAK BAKED FISH HERBED LENTILS AND RICE GREEN BEANS BRAN MUFFIN PEACH SLICES CINNAMON CRISPIES  Calories: 640 Carb: 96.8g Fib: 10.4g Protein: 32.3g Fat: 16.7g Sod: 1018mg	PENNE & CHEESE APPLE CARROT RAISIN SALAD BRUSSEL SPROUTS WW ROLL FRUIT SALAD  Calories: 716 Carb: 98.9g Fib: 12.3g Protein: 31.7g Fat: 25.5g Sod: 716mg	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.